

## RADIO SHOW 17 – National Clean Hands Week

I'm Dr. Howard Rodenberg, state health director with the Kansas Department of Health and Environment, and this is the Healthy Kansas Minute. September 17-23 is National Clean Hands Week.

Washing your hands is the single most important thing you can do to avoid getting sick and making others sick. The United States Centers for Disease Control estimates that 5,000 people die each year from foodborne illness. And up to another 100,000 die from hospital infections each year. A direct link to many of these deaths is poor hand washing.

Hand washing is important for food safety, disease prevention and personal health. You should wash your hands before you eat and after you use the bathroom; after changing diapers; before, during and after preparing food; after handling animals or animal waste; after playing sports; and simply anytime your hands are dirty. Use soap and water, scrub for 20 seconds, rinse and then dry.

To learn more about health in Kansas, please visit [www.kdheks.gov](http://www.kdheks.gov). That's [www.kdheks.gov](http://www.kdheks.gov). This has been the Healthy Kansas Minute!